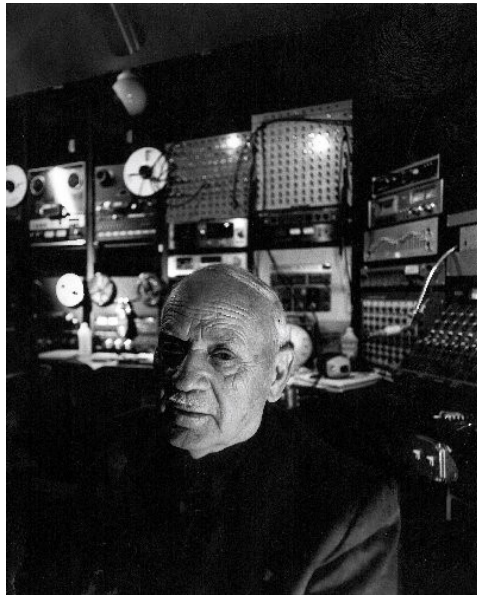


(TMI Newsletter – September 5, 2012)

BOB'S LIPS TO YOUR EARS

Gems from the Archives

When was the last time you treated yourself to this classic renewing exercise voiced by Bob Monroe?



[Open Exercise](#)

Relax as the familiar voice leads to you to "...begin resonant breathing, inhaling deeply and pulling energy into all parts of your body, into your head and storing it there and when you exhale, blow out like a candle with your lips and blowing energy, stale energy, used up energy, out of the bottoms of your feet...."